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coming clean

Five sober Minnesota musicians on kicking addiction
and rediscovering creativity

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Photo of Lydia Liza by Zoe Prinds-Flash

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THE SHORTLIST



Hey, what's the deal with those strange symbols in the sidewalks outside Bad Weather Brewing?
at citypages.com

SARAH BRUMBLE

THE STAT SHEET

22%

Year-over-year increase in auto thefts across Minneapolis

\$50 million

Money needed annually to meet recommended standards for pavement quality in St. Paul—more than double current maintenance spending

208

Solar gardens in Minnesota, the most of any state in the nation

27%

Millennials who said they have “no close friends” in a recent YouGov study

“Polling less than 1 percent. Stick a comb in her, she’s done.”

Reader John Smith responds to “Amy Klobuchar has received the most donations so far from Enbridge employees” at citypages.com.

DRUG TRAFFICKING

A PROPOSAL FROM the Trump administration last week would allow for the import of cheaper prescription drugs from Canada—“the next important step in the administration’s work to end foreign freeloading and put American patients first,” Health and Human Services Secretary Alex Azar said in a statement. More and more states have been tossing around the idea of a prescription importing plan as the cost of drugs like insulin has shot up. But Stephen Ubl, president of Pharmaceutical Research and Manufacturers of America, warned against the “dangerous” plan: “There is no way to guarantee the safety of drugs that come into the country from outside the United States’ gold-standard supply chain.”

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THE RENT IS TOO DAMN HIGH

Families making \$30,000 or less can't afford the Twin Cities

Minneapolis and St. Paul are different in many ways, but right now, at least, they have one thing in common. If you and your family make \$30,000 or less, you can't afford to rent in either city.

Every month, researchers at HousingLink—an affordable housing listing service in Minneapolis—put together reports on what's actually available on the Twin Cities market, and to whom. In June, if you happened to be in that \$30,000 bracket and have a family of four, it was exactly nothing.

That's not to say affordable apartments don't exist in either city, says marketing and outreach manager Josh Dye. They do. They're just taken—inaccessible behind phalanxes of waiting lists and maxed-out occupancy. And he can't confess he's particularly surprised.

"There's been a tremendous gap in housing availability for a very, very long

time," he says. But this has been the longest stretch of low vacancy for a while, and both cities are starting to take notice. Addressing the affordable housing crisis has become a top priority in the Twin Cities as well as the surrounding metro.

In the meantime, it's bad news for Twin Cities residents. Census data shows that in both cities, a little over 20 percent of people live in poverty. St. Paul's minimum wage is currently \$9.86 per hour, or about \$20,000 a year, which is close to half of what it takes to rent a two-bedroom in the city. Minneapolis, with a minimum of about \$11 an hour, doesn't get you much closer. According to HousingLink's report, 47 percent of Minneapolis renters live in housing they can't technically afford. The same is true of nearly 50 percent of St. Paul renters.

This housing crisis is hitting low-income residents the hardest, but even people of moderate means are struggling a little, Dye points out. If you make \$50,000

(that's half the area median income), you can only afford to rent 14 percent of what's on the market in St. Paul, and 9 percent of available stock in Minneapolis. If you make \$60,000, that bumps up to a modest 52 percent in St. Paul and 37 percent in Minneapolis.

Competition is fierce to get your hands on any kind of housing at all, which only makes it tougher the lower your income gets.

Dye can't say whether we'll hit some kind of equilibrium anytime soon. All these reports are designed to do is give a snapshot of what each city is going through at the moment, so consumers can make good housing decisions and legislators can create smart policies going forward.



GLEN STUBBE, STAR TRIBUNE

"It's hard to say when that light at the end of the tunnel will come," he says. "It all depends on what new units become available, what units are preserved, and what investments are made."

He does know this: For the past year or so, Gen Z has been graduating from college, joining the workforce, and—you guessed it—looking for housing. So it doesn't look like that stiff competition's about to go away on its own.

—HANNAH JONES

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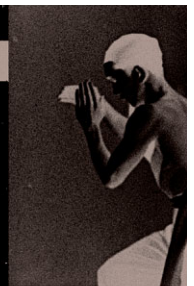
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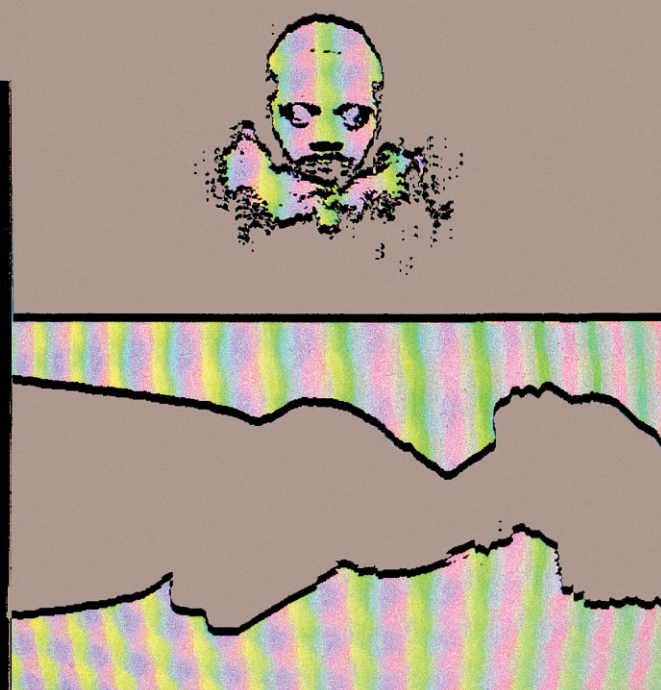
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CITY PAGES



Lydia Liza,
sober since
2018

coming clean

**Five sober Minnesota musicians on kicking addiction
and rediscovering creativity**

Professional musicians often drink. Sometimes a lot. Some also do drugs. So do all sorts of people, of course, as a trip to any corner tavern or chemical dependency treatment center will make abundantly clear. But if you love drinking and drugging, the life of a musician is an excellent fit. You do most of your work in bars, where you're rewarded with drink tickets and surrounded by fans who will happily buy you a round or three. If you can make a career of music, you can sleep off your hangover all day and show up to work well into the night. You're practically encouraged to indulge in a life of excess.

BY KEITH HARRIS

Very few people can live that way for long, though. Some musicians settle into moderation. Some go off the rails. Some die. Others get sober.

No news there either. Many rock stars are now as well known for their hard-won recovery as they once were for their drunken antics. But forget about the celebrities, the Eric Claptons and Steven Tylers. What about your musician friends and neighbors? What happens to them when they bottom out, hit the wall, or just run out of options?

To find out, we tracked down five Minnesotans who've made their mark on the local music scene. Their ages, the kind of music they play, and the particulars of their lives vary. Some are



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relatively new to sobriety; one has been sober for decades. Some have struggled; others have changed their lives with surprising ease.

But they do have certain things in common besides sobriety. No single traumatic event sobered them up, just an undercurrent of daily misery. And contrary to the preconception that art feeds off bouts of mood-altering transcendence, every person here feels far more creative in sobriety.

We can't generalize about addiction or sobriety from just five examples. But

were like, "Yeah, sick, let's get you into treatment."

In the beginning, sobriety was just beautiful. My first weekend sober, I thought I was in a state of mania, I would cry randomly because I just didn't know life could be like this. Then around three months in I said, "Oh, fu-u-uck. This is a lot of work." I really thought everything would be figured out. Drinking was my main problem; after that was gone everything was gonna be fine. But if you're gonna tell a person who's drinking, "You're gonna get sober and it's gonna be a fuckton of

**"I was surrounded
by adults and I didn't
know what my age
was anymore."**

these stories are reminders that for all the extravagant *Behind the Music* tales we've heard, much of the drama for addicts and alcoholics happens on the inside. So here, in their own words (lightly edited and condensed for clarity), is what life was like for these musicians, what happened, and what it's like now.

Lydia Liza

SOBRIETY DATE: 3/1/2018

When she was still in high school, Lydia Hoagland's band Bomba de Luz was already playing First Avenue and in rotation on the Current. She's currently at work on a solo album as well as a collaboration with producer Big Cats.

I've been doing music since I was 16, and it was just not possible to grow up in a normal way. I felt like a lens was on me and I was defining myself as a public figure rather than trying to learn anything about myself. I was surrounded by adults and I wasn't sure what my age was anymore. I was in green rooms, around people who didn't care if I drank, or even encouraged me to drink, or people who thought I was 21 because I was just there all the time.

When I was 19 I moved into a funeral home with my boyfriend, and that was around the time when I really started to struggle with suicidal ideation. But I was 100 percent sure it wasn't the drinking. I was like, no, I'm just depressed—I mean, I live in a funeral home so of course I'm depressed. And then last January I fessed up and checked myself into the hospital. I was like, "Hey, I drink all the fucking time and I want to kill myself," and they

work"—I don't know that you can really get people to do it that way.

Before I walked into treatment, I had completely stopped writing in any capacity. I had lost all sense of self, all sense of creativity. My first thought was, I really hope I can write again. And that was one of the first things that came back to me. I was drinking about hating myself, about hating my ideas. My inner critic got softer and softer, and by month six or seven I was writing pretty religiously again. That's one of the things that's made me want to stay sober.

Every negative thing in life, in humans, is fear-based, we're all just so fucking afraid, and I think there's something to sobriety, and not having anything to numb the fear, that makes your creative life more rich and valuable. Once I was able to see myself less judgmentally and more compassionately, I could tell my truth easier. Because I wasn't upset with myself, and I could write about how I felt without apology.

Psalm One

SOBRIETY DATE: 1/1/2019

The Chicago-born rapper Psalm One became known locally for her recordings with her former label, Rhymesayers. She's currently living in Minneapolis and producing an album for Angel Davanport, her fellow MC in the "girl group" RapperChicks.

I haven't partied in three years, but what I consider my sobriety has been no hard drugs for eight months. My drugs were cocaine and MDMA—ecstasy, molly. Party drugs, the kind that help you stay up all night and promise people dumb stuff. I hadn't done a hard drug going on three



SURENE SUPREME

years until this New Year's Eve, when I had the tiniest bit of cocaine. I was with some people and they were going all night, and right after, I realized I don't need this at all.

I was in a girl group, guys really liked us, they would... share. When you're a rapper and you have any kind of clout people want to party with you, and it's easier to say yes than to say no. And on top of that, for maybe three years there I was dropping maybe \$100 a week. Damn, I could have had a tour bus for that money.

In late 2015, I just saw things kinda crumbling around me. It was just seeing a lot of my professional relationships crumble. My personal life was already dramatic, and when you're partying all the time it doesn't help. You think, I got a group now so that's more reason to act a fucking fool. I had some creative differences with my label, so it was easy for me to just say, "Fuck everybody."

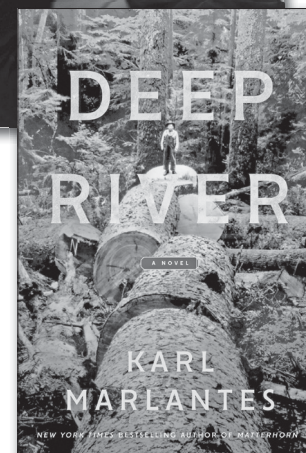
I felt like I was just running in place—you can get caught up in the fantasy of what your career should look like. I felt my sanity slipping. I wasn't doing as much as people around me, so I could say I didn't have

"When you're a rapper and have any kind of clout, people want to party with you."

a problem. But I knew I couldn't sustain this. We all know when we're abusing as opposed to just enjoying something.

I was in Chicago, and I came here to work on Angel Davanport's album. I guess it was my version of rehab. I came up here, stayed at a friend's house, started meditating, sitting still, doing saunas all the time—just detoxing. I just had to rethink what it was I personally wanted out of life.

MEET KARL MARLANTES



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Top 5 uses for CBD oil

The exploding interest in hemp and CBD products all over the world and especially the U.S. has huge numbers of people asking: What can I use CBD for, anyway?

Fortunately, cannabis products have a plethora of uses and every individual that discovers the life-changing supplement finds something unique in it. At its core, CBD — or cannabidiol — is a non-psychoactive relative of marijuana and brings tons of that substance's benefits without downsides like the high or illegality. Here's a showcase of the main uses for CBD, and who will find themselves most at home using CBD for such uses.

To learn more about CBD, check out Nothing But Hemp locations in Uptown Minneapolis on Lake Street and in St. Paul on Grand Avenue.

1. Anxiety, depression and other mental health concerns

While CBD was only recently legalized in the U.S. with the 2018 Farm Bill, tons of research from around the world and certain universities in America has already been collected on its benefits.

These scientific studies are largely animal-based so far and need further corroboration with more inquiry, but initial findings published at the National Institutes of Health and other reputable sources indicate potentials for the supplement. One of these is anxiety, as CBD has been shown to act on the body's endocannabinoid system, or ECS, and can bring cannabis' calming attributes to users. Again, more science is needed, but users testify again and again that they love using CBD for their anxious tendencies that so often pair with depression and other mental health conditions.

2. Arthritis and chronic pain

CBD has also been shown to have anti-inflammatory properties, which have encouraged researchers to learn more about how the compound relates to joint pain and other long-term problems. Athletes love CBD, especially in high-impact sports like basketball that are so hard on the joints. Meanwhile, seniors love CBD products for their arthritis. Those who face life with chronic pain often choose CBD over harsh and expensive prescription pain killers that have harmful side effects and contribute to the opioid epidemic.

3. Insomnia and alertness

Those who struggle to get sleep at night are likely to find relief in myriad CBD and hemp oil products geared toward relaxation and rest. Plus, getting those precious ZZZs means you will be more alert in your day-to-day. If that's not enough, some CBD brands offer products infused with caffeine for morning wakefulness.

4. Cancer treatment and recovery

This may sound crazy, but CBD has helped people fight cancer, according to patients' testimonials. It isn't that CBD itself fights the illness, but it does have relaxation and pain relief traits that some elect to use in the face of their various cancer-fighting treatments.

Talk to your doctor to learn more.

5. Epilepsy

Charlotte's Web, one of the premier pioneers in the market of CBD brands, was developed to help a young girl with a rare form of epilepsy. For much of the fight for legal medical marijuana products, epilepsy played a big role in pushing for protections across the U.S. Now, CBD is available nearly everywhere for those interested. Stop into a Nothing But Hemp store near you to

find out how cannabis helps with epilepsy

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RANDY VANDERWOOD

I still smoke and sometimes drink. I never really had a problem with weed or with alcohol. I suffer from migraines and alcohol is the easiest way to get them, so I'll go several weeks without drinking anyway.

I've had some songs come back around, when I listen now, just some of the content, I think, "That's like a cry for help." Knowing how I write and knowing how my brain works, I can hear it. I'm just not as focused. My creativity was never enhanced by drugs. They helped me stay up for those marathon two-day sessions. What they don't tell you is that stuff is crap usually. But you can't tell someone their shit sucks when they're high.

Katy Vernon

SOBRIETY DATE: 3/1/16

U.K.-born singer-songwriter and ukulele player Katy Vernon calls herself a "singer of sad songs on a happy instrument" and she's done heroic work redeeming that much maligned instrument. Her latest album is Suit of Hearts.

In my 30s, I began to just drink daily. It was only ever two or three glasses of wine, but it was every day. It was so normal—

"It was so normal. Wine has been so heavily marketed to women, to mothers, to mothers."

especially in the past few years, wine has been so heavily marketed to women, to mothers, you see those stupid things on Pinterest. It's very acceptable to have "grown-up mommy playtime."

I was very disciplined as a musician, so I really have only a couple gigs that I'm embarrassed to look back on. But when I came home, it was very hard for me to wind down without drinking. I think my tolerance changed—I was getting blackout drunk from less than a half a bottle of wine. I confined my blackout drinking to my home so I didn't get in a lot of trouble. But I forgot how a lot of movies ended. I forgot how a lot of bedtime stories ended.

It was when I realized I needed to stop that the true addiction was clear. I kept thinking everything would be better if I could just have a drink.

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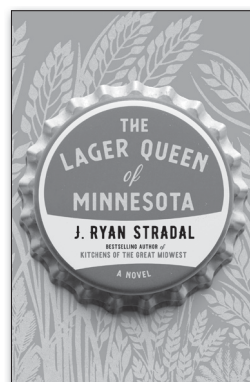


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I thought I'd be in control of my life once I stopped. Three months into not drinking I was feeling really bad and now I didn't have my go-to way of numbing my feelings. That's when I was diagnosed with clinical depression. I lost both my parents in my teens, and I don't think I ever knew where grief ended and depression began. That's been lifesaving to have a mental health diagnosis.

I'm one of the clichéd creative people who thought I needed the highs and lows to make music. I thought I had to suffer for my art. But now I'm much more creative. I don't throw most of my ideas away because of this inner hatred, I let my ideas play out. I was just a critic of myself. I just thought I sucked, and that's not a happy, healthy, creative way to be. I definitely let a lot of ideas fizzle out. Now I am so absolutely honest with my writing. I don't try to change things to tell a story even if I feel a bit embarrassed or vulnerable. That's the thing about recovery, there's something about going through it that really fine-tunes your bullshit meter.

I've written so many songs about sobriety, none of them are lecturing or superior, but it can be hard introducing them at shows. I just try to be really honest and say, for me, drinking didn't work. If you're good at drinking, good for you. I was crap at it.

The bar scene was always more of a work space for me, though it was hard to turn to turn down the first few drink tickets after I got sober. When people offer to buy me a drink I jokingly say buy a CD instead. They usually don't though!

Mark Mallman

SOBRIETY DATE: 1/1/2015

Renowned for his raucous (and often marathon) live performances, Mark Mallman has been an unstoppable force on the local music scene for two decades now. This year he became an author as well with the release of his memoir, The Happiness Playlist.

I didn't start drinking till I was 29. Even though I grew up outside of Milwaukee, my parents and my friends never drank. I worked third shift and I took that job very seriously when I was establishing myself as a musician. My drinking career took off when I went full-time into music.

You don't set out to be a drunk. It's free and you don't have any money, so you take the drinks. The audience buys into the myth. You play a show and someone buys you a shot, you take it and everybody cheers. Someone bought me seven shots



WILSON WEBB

of Patron in Chicago and I did 'em all and I laughed. I did a great show. It didn't hurt my career. It didn't hurt my body.

I had a fuckton of great times on the road all those years. I never hit bottom. Nothing bad had ever happened. I don't consider myself an alcoholic. And I say that with respect to people who struggle with addiction. My journey is so weird, because I just quit one day, and then I was

done. It's like, remember that episode of *Happy Days* where Richie gets caught smoking a cigar and his dad makes him smoke the whole box? That was me with alcohol. OK. I'm done. My last drink was a pull of gin from a plastic bottle at Sound Gallery and that seemed about right.

At 40, you rethink a lot of things. I just wanted start a new chapter. I'm kind of health-centric anyway except for dough-

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ALEC SOTH:
SLEEPING BY THE MISSISSIPPI

ON VIEW THROUGH
SEPTEMBER 1, 2019

WINONA MN
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This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.



Alec Soth, *American* (b. 1969), *Adelyn, Ash Wednesday, New Orleans, Louisiana*, (2000) chromogenic print, (detail). Lent by the Minneapolis Institute of Art, The Alfred and Ingrid Lenz Harrison Fund.

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DARIN BACK

nuts and pizza. Now I go to bars less, but I go on adventures more. I travel more. I go to lakes more. I read more.

I don't drink moderately because I'm not that kind of person. I'm either in or out. I'm not gonna drink a little bit, that's just not worth it. But life feels better sober. Music sounds better. Pizza tastes better. Ok, that last part's not necessarily true.

This myth of the partying musician was created by record executives to exploit musicians and to sell records. It doesn't have anything to do with music. It has to do with marketing. Unfortunately it's been drilled into younger musicians' heads that they need to be drunk to be good. But now that I'm sober, I still stomp around and throw shit onstage—it's just a conscious effort instead of an unconscious effort.

Kevin Bowe

**SOBRIETY DATE: 4/20/79
(YES, REALLY, 4/20)**

A fixture on the Minneapolis punk scene in the '80s and '90s, Kevin Bowe went on to discover Jonny Lang and also record and produce with his friend Paul Westerberg and the reunited Replacements. He's now retired from performing but remains active as a producer, an instructor, and a composer.

If you call me the grandfather of Minneapolis sober musicians I'm going to have to kill you.

I started with weed and beer, but the thing that hastened my decline was angel dust. Not to be cliché, but all the kids were doing it. We broke into an animal hospital

and stole horse tranquilizers. It wasn't even fun. But it was cheap.

Right at the end of high school, my family had an intervention. I showed up at school high as fuck, got called to the principal's office, then I saw everyone and I immediately knew what was up. And I went along with it, because drugs just weren't fun anymore. If drugs were still fun I wouldn't be wasting my time talking to you. I'd be doing drugs.

I went off to suburban rich-kid rehab—a duck pond, nice food—but after that they put me in this halfway house; that's where I realized what I had to do. I'd played in bands before but music had gotten so shitty in the '70s with corporate rock, so I was only listening to older stuff. But there were some

sober guys who played me the Ramones, the Sex Pistols, the Suburbs' red EP, Suicide Commandos. And that was it for me. The minute I got out I formed the Dads, a really bad early-'80s punk band. All of a sudden I was playing at the Longhorn and seeing all these amazing bands.

In rehab they used to let us out for these sober teen dances. Some idiot booked the Replacements at one of those dances, for their first show ever as the Replacements. They were great. They were terrible, but they were the best band I'd ever seen. They played mostly Johnny Thunders songs and they got kicked out after one set for drinking.

Sobriety and punk rock are really intertwined for me. I associate old '70s rock with bongos and long hair and sitting around saying "yeah, dude." Punk wasn't about weed, that post-hippie lack of energy, that selfish "fuck everything, let's go get high" sentiment. For me, from the start, the energy of punk rock matched the energy of getting sober.

Sobriety is something that you don't do, not something that you do. About 15 years ago, I was working with Etta James, and she was fascinated with the fact that I was sober. She kept asking me, "Nothing?" "Nothing?" "Really? Nothing?" "Really." "In 25 years, not even a beer?" "Not even a beer." "So you got one of them 25-year chips?" "I do." And she said, "I must have gotten one of those one-year chips 25 motherfuckin' times."

People think being sober is the end game. But it's an at-bat, not a hit. Now you have a possibility not to be a complete asshole. That doesn't mean you'll take it. I know drug addicts I love working with and sober people I wouldn't sit next to on the bus. **CB**

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BY SARAH BRUMBLE

E. coli, dead fish: It's been a rough summer for metro-area lakes. Luckily, we have a few cards up our sleeve when it comes to making it through summer's hottest moments.

Crystalline waters are still involved. Food is part of this loophole, too, if not one of its biggest charms. Folks, we're talking about the Twin Cities' oft-overlooked network of public pools and their bountiful concessions stands.

For those of us who won't be purchasing our own canoes anytime soon, let alone boats or country club memberships, access to public pools can be a lifesaver—especially when the lakes have been this prone to bacterial blooms. Priced for all, increasingly egalitarian by the year, few places bring together such a diverse cross section of humanity, united in joy, like these contemporary chlorinated watering holes.

Our park boards can go ahead and update facilities with increasingly fancy amenities all they want, but the fundamental glories of splashing around with friends hasn't changed. Kids still play Marco Polo and dive for rings. Tweens remain awkward as shit, pausing at the ends of diving boards to decide if this is the moment a jackknife will win over their crush. Toddlers waddle around in water wings looking adorable. Lifeguards remain locked in eternal battle with Jerks Who Run.

Above all this rises the promise of concessions. With high school swimmers stationed facility-wide to keep me from drowning by way of phantom-cramp, I donned a bathing suit and went a'grazing so the next time our lakes pull this bacteria-fueled vendetta crap (which they will, usually after periods of heavy rain), you'll have additional incentive to head to the pool and meet your neighbors.

Let the following guide to pool concessions light your way to refreshment—in and out of chlorinated waters, free of lake weeds.

Minneapolitans might be screwed were it not for Northeast's **Jim Lupient Water Park**. Skip the parks peppered with pee-filled kiddie pools: Lupient's trio of slides and inflatable tubes wash out into a pool decorated with pipes and sprinklers and a challenge course of bobbing "rocks" strung with netting above, all befitting the park's (duh) quarry theme. The littlest among us wade into the fray from the safety of a zero depth-entrance, while the youthful at heart head to the snack stand, whose wares are hand-scrawled in

NO SOGGY SNACKS

Your guide to the Cities' finest pool concessions



SARAH BRUMBLE

bright lettering. Highlights include Slush Dog-brand Slushees for \$2.50 straight from the 1980s (ordered by color, not flavor), \$3.50 "Walkin' Tacos" served in a bag of Doritos, and an ominous candy called an "Extreme Belt" for just a buck. 1520 Johnson St. NE, Minneapolis. \$5 entry

The **Richfield Outdoor Pool** would feel the most like 1996 out of the gang, were it not for the fact that speakers above the grassy lawn blare Ariana Grande and you can

order and then eat a Minion in ice cream form. The staff behind Richfield's counters wear real-live braces, and take their job very seriously despite it likely being their first. Lifeguards bungle dives from a pair of boards during the dreaded safety break, while everyone waits impatiently for a pair of snaking mint-colored slides to reopen their maws. Two-dollar off-brand Bomb Pops and three-dollar taquitos keep the sweating masses at bay beneath gargantuan blue and yellow umbrellas, while

some very unhappy children are force-fed overpriced granola bars acquired by their parents, who utterly missed the point of the word "concessions." 630 E. 66th St., Richfield. \$10 entry

Ask not why the **Edina Aquatic Center** is pirate-themed. Just enjoy it. The Pirate's Plunge waterslides spit riders out giggling as the Shipwreck Express zip line drops them back into the pool gasping. Run a circuit between these, a pair of diving boards (high and low), or practice boogie boarding on the Lost Wave. In the end, two kinds of corndogs—of the traditional and mini chicken varieties—Bomb Pops for a dollar (cheaper than at Richfield), and Bubbly sparkling water tend to that rumbling in your stomach. 4300 W. 66th St., Edina. \$11.50 entry, \$9 after 5 p.m.

St. Paul is #blessed with not one but two outdoor chlorinated paradises for residents, with the same menu of goodies: **Como Regional Park Pool** and **Highland Park Aquatic Center**. Highland may have just one lone waterslide, but it makes up for it by decorating its kiddie area with an enormous fish skeleton spurting water everywhere, ensuring that generations of children will become goths. Como's grounds are sprawling, including a lazy river and cliff jumping!

Running the gamut from healthy to peak teenage decadence, St. Paul is the king of pool snackage. Load up on cinnamon- and sugar-coated State Fair mini-doughnuts for \$4 (concessions is careful to note they are baked not fried!) and proper candy priced at just \$1.75. They have actual Nerds Ropes, people! On a particularly sweltering weekend, we learned-by-doing that the latter turn awkwardly flaccid in the noonday sun. Thanks to years of popping in for a dip at Highland, we know to never, ever get nachos from a pool concession stand, tempting though they may be at just \$3.50: They come in the form of tortilla chips still bagged, with a tiny container of hermetically sealed, ambient-temp cheese dip on the side. Maybe go for a whole flatbread (\$9) if you're feeling feisty? **Como**: 1151 Wynne Ave., **Highland**: 1840 Edgumbe Rd., **St. Paul**. \$7 entry, every third Friday of the month \$2

If you remain unmoved after all of this "in-depth" "research," please consider this: Several of these paradises contain vending machines filled with goggles, diving rings, sunscreen, and fresh diapers... stocked for all you non-eating haters. ☒

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AUG 9

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AUG 16

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IV
SEP 21

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Kao Kalia Yang
and her father, the Song
Poet, Bee Yang
SEP 22

**BRIAN
McKNIGHT**
SOLO
OCT 4

GAELYNN LEA
WHEELCHAIR SPORTS CAMP • BILLY MCLAUGHLIN • DJ FUNSIZE
OCT 5

**FELIPE
ESPARZA**
OCT 11

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JOHN CUSACK
FOLLOWING A SCREENING OF
SAY ANYTHING...
CELEBRATING ITS 30TH ANNIVERSARY
OCT 15

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OCT 17-19

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EDITION
OCT 25
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OCT 26

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FITZGERALD THEATER

AUG
11



SHAKEY GRAVES & DR. DOG
WITH CAROLINE ROSE
SURLY BREWING FESTIVAL FIELD

AUG
17

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NATIONAL GEOGRAPHIC LIVE
WITH FILIPE DEANDRADE
FITZGERALD THEATER

OCT
20



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JAN
12
2020



NATIONAL GEOGRAPHIC LIVE
WITH MARK SYNNOTT
FITZGERALD THEATER

MAR
08
2020

FIRST AVENUE MAINROOM



KAMASI WASHINGTON

AUG
11



DENZEL CURRY

AUG
15



YEAR 3000:
THE ULTIMATE POP DANCE PARTY
FT. BOPS BY THE JO BROS, 1D,
MILEY, CARLY RAE, AND MORE
WITH DJ IZZIE P

AUG
16



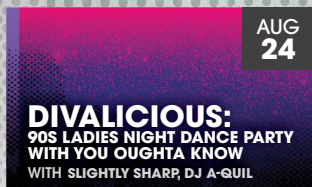
YOUNG v LIL v BABY
FT. TRACKS BY WAYNE, KIM, UZI
VERT, THUG, DABABY, AND MORE
WITH DJ BACH, ESPADA, GREENERY

AUG
17



**FLYING LOTUS
IN 3D**
WITH BRANDON COLEMAN
SPACETALKER, SALAMI ROSE
JOE LOUIS, PBDY

AUG
20



DIVALICIOUS:
90S LADIES NIGHT DANCE PARTY
WITH YOU OUGHTA KNOW
WITH SLIGHTLY SHARP, DJ A-GUIL

AUG
24




BASSGASM 11
WITH DJ CRAZE, VASKI, THE
HORRORIST, DETROIT TECHNO
MILITIA, AND MORE

AUG
31



PURPLE VEINS
THE ESSENTIAL PRINCE TRIBUTE BAND
WITH SOUL TIGHT COMMITTEE

SEPT
06



**HOLD YOUR LADY
TIGHT NIGHT**
COUNTRY WESTERN DANCE PARTY

SEPT
07



grandson
WITH nothing.nowhere.

SEPT
10

PALACE THEATRE



PHANTOGRAM
WITH BOB MOSES

AUG
25



TYCHO
WITH POOLSIDE

SEPT
13



**BRITTANY HOWARD
OF ALABAMA SHAKES**

SEPT
19



**BLACKBERRY
SMOKE**
WITH THE RECORD COMPANY

SEPT
26



ANDREW BIRD
WITH MADISON CUNNINGHAM

SEPT
27

PALACE (CONT.)



**AN EVENING WITH
GOV'T MULE**

SEPT
28



**COMEDY BANG!
BANG! LIVE!**
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SEPT
07



**CRIMINAL
PODCAST -
LIVE SHOW**

SEPT
22



GOBLIN
PERFORMS DARIO ARGENTO'S
DEEP RED/PROFONDO ROSSO


OCT
10



**THE PRESERVATION
HALL JAZZ BAND**
WITH YUSA AND SPECIAL GUESTS

NOV
05

FINE LINE



HINDER
W/ ROYAL BLISS, HAMMER DOWN
HARD, STRANGE DAZE

AUG
07



THE FAINT
W/ RITUAL HOWLS, CLOSENESS

AUG
12



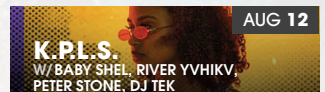
AMANDA SHIRES

AUG
13



SUMMER CANNIBALS
W/ TV MOMS, MEESE

AUG
08



K.P.L.S.
W/ BABY SHEL, RIVER YVHIKV,
PETER STONE, DJ TEK

AUG
12



THE ALARM
W/ MODERN ENGLISH, JAY ASTON'S
GENE LOVES JEZEBEL, DJ JAKE RUDH

AUG
14



PINBACK
W/ NICK REINHART

AUG
17



DRAB MAJESTY
W/ XENO & OAKLANDER, BODY OF
LIGHT, DJ JAKE RUDH

AUG
20



STEF CHURA
W/ FRENCH VANILLA, SASS

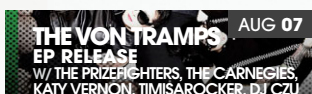
AUG
09



**BETH BOMBARA
AND SWAY WILD**
W/ MEG KIRSCH

AUG
13

TURF CLUB



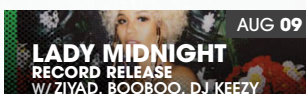
THE VON TRAMPS
EP RELEASE
W/ THE PRIZEFIGHTERS, THE CARNEGIES,
KATY VERNON, TIMISAROCKER, DJ CZU

AUG
07



FRUIT BATS
W/ JOYERO

AUG
08



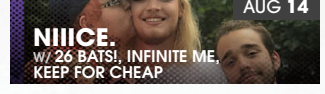
LADY MIDNIGHT
RECORD RELEASE
W/ ZIYAD, BOOBOO, DJ KEEZY

AUG
09



DWYNELL ROLAND
W/ STUDENT1, MANCHITA,
FRUITPUNCHLOVERBOY, DJ FUNDO

AUG
10



NIIICE.
W/ 26 BATSI, INFINITE ME,
KEEP FOR CHEAP

AUG
14



**THE WORLD/INFERNO
FRIENDSHIP SOCIETY**
W/ SPECIAL GUESTS

AUG
10



THE BIRD AND THE BEE
W/ ALEX LILLY, SAMANTHA SIDLEY

AUG
11



TROUT STEAK REVIVAL
W/ THE COMMON GROUND COMPANY

AUG
14



**GREENTOP AND
WYATT MORAN**
W/ MISTER WES, ALEXANDER NATALIE

AUG
11



HANK VON HELL
W/ SPIDERS

AUG
15

A LIST

FRIDAY Irish Fair comes to Harriet Island p. 22

SATURDAY Urban Growler turns 5 p. 22

MONDAY Hulu-free *Drop Dead Gorgeous* p. 23

WEDNESDAY 8.7

COMEDY

ADRIENNE IAPALUCCI

ACME COMEDY CO.

"I was dating this guy, and in the first week he decided to open up to me," comedian Adrienne Iapalucci tells an audience. "He told me his mother said he was her biggest mistake. I thought that was kind of harsh. But the more I got to know him I thought, 'Never doubt a mother's intuition.' She knows if she's putting out a shoddy product." Born and raised in the Bronx, Iapalucci creates an air of subtle sarcasm onstage as opposed to the stereotypical New York brashness. "I don't get along with my mother," she continues, "which is weird, because I live in her basement apartment. We got into a fight and I called her. I could hear her walk over to the phone, see it was me, and walk away." Known for her dry, sometimes dark sense of humor, she's great at rolling out a solid set-up/punchline. "I was eating a bag of baby carrots," she says, "and this guy says to me, 'Those are good for your eyes.' I said, 'Yeah, I know. I used to be blind.'" 8 p.m. Wednesday through Saturday; 10:30 p.m. Friday and Saturday. \$15-\$18. 708 N. First St., Minneapolis; 612-338-6393. **Through Saturday —P.F. WILSON**

COMEDY

MICHAEL QUU

RICK BRONSON'S HOUSE OF COMEDY

Michael Quu knew he wanted to be a comedian in the seventh grade. "I did a comedy writing contest at school, and my teacher said, 'You're going to be a standup comedian.' From then on, I said, 'I'm going to be a standup comedian.' I had no other goal in my head." Of course, he ran into the same challenge other aspiring comedians encounter: How exactly do you become a standup comic? Quu decided to try improv, and did that for several years, eventually working with the Groundlings. "I love improv," he notes. "It's fun, but it's a team sport. Standup is a battle. It's you against the audience. It's like a war. It's a different animal." Onstage, Quu



Cat lovers and those aspiring to become cats gather this week for the Cat Video Fest.

STAR TRIBUNE/RICHARD TSONG-TAATARI

shares slice-of-life tales and stories about his family. 7:30 p.m. Wednesday through Friday; 9:45 p.m. Friday; 7 p.m. Saturday and Sunday; 9:30 p.m. Saturday. \$16-\$23. 408 E. Broadway, Mall of America, Bloomington; 952-858-8558. **Through Sunday —P.F. WILSON**

THURSDAY 8.8

FESTIVAL

CAT VIDEO FESTIVAL

CHS FIELD

There's no denying that dogs rule the warm season. They have dog parks, dog-friendly patios, and even the "dog days of summer." But while every dog may have his day, cats own the night in St. Paul. Or, at least, one night. Now in its eighth year, the Cat Video Festival is a celebration of all things feline. Thousands of cat enthusiasts will pack CHS Field for an evening full of cat-themed games, cat-inspired artists, food

(the human kind), beer, fireworks, and, of course, hilarious cat vids. Funny cats, scared cats, warrior cats, and everyone's favorite, cats stuck in containers, will all be included in the reel shown on the outfield jumbotron. This year will be the festival's first since the untimely passing of Grumpy Cat, but her spirit will live on through the meows of grown adults wearing cat ears and puff-paint T-shirts inside a minor-league baseball stadium. Find tickets at www.catfestmn.com. 6 to 9:30 p.m. \$10; \$75 VIP. 360 N. Broadway St., St. Paul. **—PATRICK STRAIT**

CATS

CAT TOUR 2019: WHITTIER EDITION

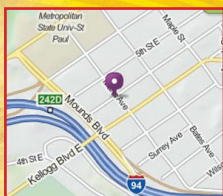
WHITTIER RECREATION CENTER

So we're doing cat tours now, huh? In a metro area that already has a Cat Video Festival and a cat cafe, it should be no surprise that some feline purists are

looking for a less mainstream and more authentic cat-watching experience. Nationally heralded cat tour guide Chet Wedgely is back again for a third season, this time taking over the Whittier neighborhood. The group will wander around and stare at very confused cats that are hanging out, minding their own damn business. While we would joke about the absurdity of this event, the Cats of the Wedge tour in June drew upward of 300 people. There were cats on porches, in windows, in strollers, and even—wait for it—on leashes! The cops even got called because of the sheer number of spectators causing traffic backups and creating a vibe of weirdness. Last time, attendees reported spotting approximately 50 cats during the tour. Will they top that incredible number this time? And, more importantly, what the hell, guys? 6 to 8 p.m. Free. 425 W. 26th St., Minneapolis. **—PATRICK STRAIT**

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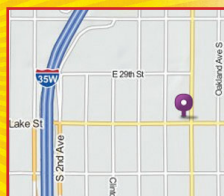
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A-LIST

FRIDAY

FESTIVAL

IRISH FAIR OF MINNESOTA 2019

HARRIET ISLAND

The weekend-long Irish Fair of Minnesota features a vast spectrum of family-friendly activities honoring the rich heritage of the Emerald Isle.

Foremost among the attractions is a designated cultural area offering handcrafted displays, interactive workshops, and lively presentations from a variety of storytellers, poets, and historians. Music remains an integral part of the Irish identity, a social facet reinforced by the diverse roster of bands and troubadours, some commanding the stages and others roaming the grounds. With so many melodies filling the air, encompassing everything from folk to punk, dancing is inevitable. The fair delivers with tutorials for attendees and demonstrations by adept practitioners of fleet-footed Irish styles, including improvised Sean-nós dance and precisely choreographed stepdance. Having grown knackered from such a workout, attendees will be glad to find hearty Irish cuisine at the Celtic Kitchen, where tutorials will be given on classic cooking techniques and traditional recipes, with sampling along the way. A wide range of Irish food vendors will also be on hand, not to mention a copious selection of libations to ensure spirited shenanigans for all. Find more info at www.irishfair.com. 3 to 11 p.m. Friday; 10 a.m. to 11 p.m. Saturday; 10 a.m. to 7 p.m. Sunday. Free. 200 Dr. Justus Ohage Blvd., St. Paul. **Through Sunday —BRAD RICHASON**



PATRICK MCNEIL

SATURDAY 8.10

BARHOPPING

COSMOSIS: SOUR FEST

VENN BREWING COMPANY

For roughly a year and a half, Venn Brewing has been building a steady lineup of IPAs, traditional European styles, and fruited sours. This Saturday, the spotlight shines on Venn's sour Cosmosis series. Sour Fest is the second-annual showcase of Venn's kettle sour series, with eight different options on tap all day long. Try a flight of pomegranate guava sour, mango, pineapple, and triple berry. Or opt for the flight with tart cherry, black cherry, raspberry, and black currant. Don Oishi Kitchen will be parked outside. Noon to midnight. Free. 3550 E. 46th St., Minneapolis. **—LOREN GREEN**

FESTIVAL/FILM

2019 SQUARE LAKE FILM & MUSIC FESTIVAL

SQUARE LAKE

Every summer, folks make the trek out to Square Lake for a day of film, music, and camaraderie. The Square Lake Film & Music Festival showcases short films and animation pieces from Minnesota makers, plus a few international creators. Highlights this year include *Stillwater*, an album by Frankie Lee, which he'll perform live as an 8mm film of the same name screens. The Minnesota Astronomical Society will be stopping by with a high-powered telescope; live footage of the night sky will be

projected onto the big screen as banjo player Michael Rossetto shares a new 15-minute song. The musical lineup includes the Cactus Blossoms, Black Eyed Snakes, the Owls, Saltee, David Huckfelt, and Lazy Scorse. While people do drive and carpool to this event, over half will travel via bike, and that scores them a discounted ticket to the fest. Find more info at www.squarelakefestival.com. 2 p.m. to 12:30 a.m.; group bike ride from the Hub Bike Coop starts at 10:30 a.m. \$30-\$40; \$15 cyclist ticket. 13359 Partridge Rd. N., Stillwater. **—JESSICA ARMBRUSTER**

BARHOPPING

FIVE YEARS OF BEER FOR YOU

URBAN GROWLER BREWING COMPANY

It's been five years since Urban Growler tapped its first keg. It was the first women-owned brewery to open in the state. It was also was one of the first taprooms with a full kitchen, one of the first to emphasize brewing with local ingredients, and, yes, one of the first to note the importance of purse hooks at the bar. The beer is pretty great, too. Flagship brews include the self-proclaimed "lawnmower beer" Cowbell Cream Ale; the Midwest IPA, which won awards at the 2012 Minnesota State Fair; and the Kentucky Uncommon, which adapts bourbon-making techniques for beer. The celebration starts at 11:30 a.m. with three special beer tastings (Berliner Weisse, Rhubarb Bubble Brew, and Peachy Queen Milkshake), followed by

Cori Lin poses with her art.



IMAGE COURTESY EVENT ORGANIZERS

more special releases throughout the day (Blue-barb Slushie! Cranberry Beet Cream Ale! Coconut Porter!), and ending with Jalapeno Cream Ale at 9 p.m. Other fun includes local arts and crafts vendors, afternoon DJ sets, and live tunes in the evening from Ross Johnson & Blue Yodel No. 9, followed by Chin Whiskers Band. 11:30 a.m. to 11 p.m. Free. 2325 Endicott St., St. Paul; 651-340-5793. —LOREN GREEN

FOOD

EAT & ART ON LAKE

MOON PALACE BOOKS

This Saturday marks the culmination of artist Cori Lin's yearlong project exploring authenticity in food. It all ends in the best way possible: with a giant community meal. Moon Palace is hosting an outdoor patio party with delicious eats from immigrant- and refugee-owned Lake Street restaurants including Moroccan Flavors, International Cuisine Bar & Grill, Taqueria Las Cuatro Milpas, Willo Somali Bakery, and Gandhi Mahal, plus beer and wine from Geek Love Cafe. The evening will include a conversation with chefs on what they cook at home for their families, food stories from local writers, and Lin's collection, titled "What We Feed Ourselves," exploring the ties between food and culture through chef interviews and watercolor paintings. Ten percent of the proceeds will go to the MN Freedom Fund, which helps cover immigration bail bonds for those lacking funds. Find tickets and more info at www.eventbrite.com. 6 to 9 p.m. \$10; free for kids 12 and under. 3032 Minnehaha Ave., Minneapolis; 612-454-0455. —JESSICA ARMBRUSTER

BARHOPPING/DOGS

DOG DAYS OF SUMMER STREET PARTY

LAKES & LEGENDS BREWING COMPANY

On any given day, Lakes & Legends is a dog-friendly brewhall. This Saturday,

however, is especially for the pups, as 14th Street will be closed to traffic for a dog party. Friendly fur babies on leashes will be welcome both inside and out. Canine-related businesses will offer samples and information, and dogs can shine onstage at a talent show. There'll be beer for humans to imbibe, as well as food trucks parked outside serving up things like sausages, giant pretzels, ice cream, and subs. Live music will start around 1 p.m. from funk/soul group Mikel Wright & the Wrongs. Noon to 7 p.m. Free. 1368 Lasalle Ave., Minneapolis; 612-999-6020. —JESSICA ARMBRUSTER

MONDAY 8.12

MOVIE

DROP DEAD GORGEOUS

LORING PARK

When *Drop Dead Gorgeous* became available on Hulu last month, people freaked out. But if you weren't subscribed to the streaming service, or willing to pay a rental fee on Prime, you were shit out of luck. Thankfully, the Minnesota-set film often screens for free at local parks. This week, it's at Loring Park. *Drop Dead Gorgeous* follows a group of hopefuls as they compete for top honors in the Sarah Rose Cosmetics Mount Rose American Teen Princess Pageant. Kirsten Dunst stars as a high schooler with big dreams and a heart of gold, and her rivals to the title include a campy/evil Denise Richards, a bubbly Brittany Murphy, and Amy Adams in her big-screen debut. Highlights include exploding things (Tractors! Parade floats! Trailer parks!); a really special musical performance of "I Can't Take My Eyes Off of You," complete with a Jesus doll on a cross; and amazing accents (and iconic scenery chewing) from Ellen Barkin and Allison Janney as chain-smoking best buds. 9:20 p.m. Free. 1382 Willow St., Minneapolis; 612-370-4929. —JESSICA ARMBRUSTER

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WARY GODMOTHERS

Great actresses can't cover crime flick *The Kitchen's* vig



WARNER BROS. ENTERTAINMENT

BY BRYAN MILLER

Mob-wife revenge movie *The Kitchen* opens with an overhead shot of neon-lit New York City, set to the tune of the Etta James classic "It's a Man's Man's World." That on-the-nose music cue is a good indicator of the level of subtlety to be found in the rest of the film, where the soundtrack helpfully explains a story that's not hard to follow anyway.

The opening riffs of Heart's "Barracuda" a bit later feel inevitable, another skating-rink-DJ-quality mic drop. It's a shame a Minneapolis psychedelic rock group already took the name Lazy Scorsese. It's apt here. *The Kitchen* wants to play in *Goodfellas* territory without any of the specificity and texture that makes for a classic. It's the kind of movie where a pushy guy named Little Jackie is introduced and that's all you really need to know about him, since other, better gangster movies have laid the groundwork. And of course, there's the pro forma side story about the two detectives investigating the case, which may rank as the most tiresome, vestigial brand of subplot in all of genre filmmaking.

The hook here is that when the three Irish enforcers who run Hell's Kitchen circa 1978 get busted, their wives (Melissa McCarthy, Tiffany Haddish, and Elisabeth Moss) decide to take over the territory. McCarthy's Kathy is a maternalistic local union booster who wants to protect her home, while Moss' character Claire and Haddish's Ruby are looking to escape from their temporarily incarcerated abusive partners.

All three leads are intriguing, but they walk through a paint-by-numbers underworld where it's implausibly easy to seize control of a criminal enterprise. Mostly they just refuse to leave, or in one case help get a woman into cosmetology school, and a gaggle of villainous second-tier New York character actors bumblingly oblige. These flimsy antagonists are part of the problem; not until the great Bill Camp shows up as a Brooklyn boss does McCarthy's squad find a worthy adversary.

Laura Berloff's directorial debut approaches exploitation-movie material with studio-friendly sheen that renders it not morally murky, just oblivious. Late in the film, Kathy's father shows up to question her ethics—a little too late in a movie

THE KITCHEN

directed by Laura Berloff
area theaters, now playing

that plays the shooting death of an elderly orthodox Jewish businessman as a moment of gender-flipped empowerment.

In this regard—in almost all regards, really—*The Kitchen* suffers tremendously in comparison to last year's thorny, unflinching *Widows*, which used a similar premise to great effect thanks to the brilliant combination of director Steve McQueen and writer Gillian Flynn. *Widows* is somehow both slicker and grittier, not to mention more lived-in and thoughtful.

The best reason to see *The Kitchen* is to get a reminder that Melissa McCarthy can do anything. Comedy, of course, but every time she's freed from needing a laugh she demonstrates tremendous range. The leading ladies are all great, though Haddish has a little trouble holding her own with McCarthy, Moss, and powerhouse Margo Martindale as Ruby's mafia matron mother-in-law. (Who wouldn't?) Still, she's a commanding presence. It's a shame *The Kitchen* didn't serve these actresses something better. **C**

GOOD EATS

Floyd's serves hot dish on post-prison life



T. CHARLES ERICKSON

BY JAY GABLER

Prison is the great equalizer, argues a character in *Floyd's*. No matter your age, race, or gender, doing time transforms your life. To undo some of the damage prison did to their spirits and reputations, the kitchen staff in the eponymous establishment are counting on another great equalizer: food. Specifically, sandwiches.

The Guthrie Theater production of *Floyd's* is a world premiere from playwright Lynn Nottage, who recently won her second Pulitzer for the thematically related *Sweat*. Like that play (which the Guthrie will stage next summer), *Floyd's* draws insight from interviews Nottage conducted in the poverty-stricken community of Reading, Pennsylvania. Despite its heavy themes, *Floyd's* is funny. It will probably make you laugh, it may make you cry, and it will definitely make you think.

The proprietor of the greasy spoon where *Floyd's* is set is the richly villainous Floyd (Johanna Day) herself, costumed by Jennifer Moeller to look like a peroxide-dipped Chrissie Hynde. Floyd is willing to hire formerly incarcerated returning citizens who don't have any other options, but she seems cruelly determined to keep their prospects—or even their morale—from improving.

Montrellous (John Earl Jelks) thinks he can boost the restaurant's fortunes with more ambitious offerings, and he inspires his co-workers Letitia (Dame Jasmine Hughes) and Rafael (Reza Salazar) to invent their own sandwiches. Even Jason (Andrew Veenstra), the new guy whose racist tattoos don't help his standing in the eyes of

FLOYD'S

Guthrie Theater
818 S. Second St., Minneapolis
612-377-2224; through August 31

his co-workers of color, gets into the act. Floyd literally isn't having any of it, and her refusal to sample her employees' creations is symbolic of her inability to acknowledge their true potential.

At a trim 95 minutes, *Floyd's* isn't saddled with any contrived plot devices. The characters talk, they fight, they flirt, and they cook—in highly realistic fashion, thanks to Laura Jellinek's convincing set and authentically edible ingredients. Like Will Snider's *How to Use a Knife*, well staged at Mixed Blood Theatre in 2017, *Floyd's* takes full advantage of its rich culinary setting.

All five cast members are making their Guthrie debuts, as is director Kate Whoriskey, a close Nottage collaborator. Every performer is superb, but it's particularly gratifying to see Hughes, one of the most electrifying actors to emerge on Twin Cities stages this decade, grace the McGuire Proscenium Stage. She's perfectly cast as a woman who uses her wit and ostentatious charisma not so much to hide her struggle as to survive it.

The local theater scene has often been criticized for generating new work that plays well in Minnesota but rarely travels elsewhere. Now theaters like the Guthrie and Sarah Rasmussen's Jungle are working to change that, and there's no doubt that *Floyd's* will have a long life on stages near and far. Don't miss the opportunity to see this sharp, entertaining, and powerful premiere production. **CP**

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thu : aug 1

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with maybe nebraska rachel kurtz

fri : aug 2

7pm : laura and sean's movie and
music trivia

10pm : blaha new primals, din-din
ex nuns

sat : aug 3

7pm : trivia mafia presents
331 drinkin' spelling bee tickets
10pm : tongue party
oyster world, cola horse

sun : aug 4

3-5pm : rezo city: resonator guitar player series
featuring: don fitzwater
8pm : trivia mafia

mon : aug 5

8pm : the roe family singers
10pm : doug otto and friends

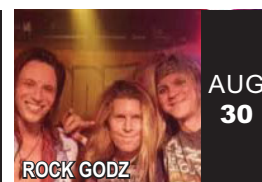
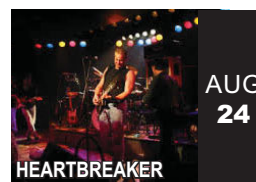
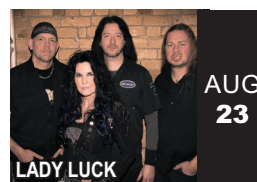
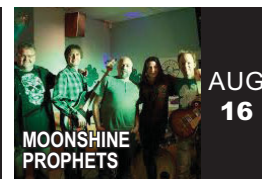
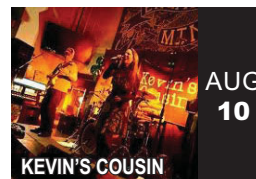
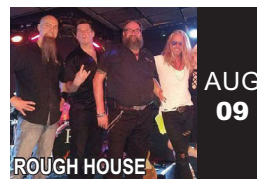
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FRUIT BATS

TURF CLUB, THURSDAY 8.8
Eric Johnson’s dusty, autumnal country-folk band ambles at a relaxed pace, easily distracted by passing scenery, faraway mountain ranges, pretty guitar riffs, sunlight shining on hay bales. His pun-gent falsetto, simultaneously gentle and anguished, projects a playful sweetness; it’s the essential touch of weirdness that makes the music ache. With Joyero. 21+. 8:30 p.m. \$17/\$20. 1601 University Ave., St. Paul; 651-647-0486. —LUCAS FAGEN

GOJIRA

FIRST AVENUE, FRIDAY 8.9
A French groove-metal band known for songs about climate change (“Toxic Gar-bage Island,” “Flying Whales,” “Global Warming”), Gojira rock with athletic grandeur and a knack for condensing riffs into percussive flurries. Released in 2016, *Magma* was their tightest album yet—espe-cially the title track, whose high guitar squiggles resound through a vacuum of static and fuzz. With Witchden. 18+. 7 p.m.

\$25/\$30. 701 First Ave. N., Minneapolis; 612-338-8388. —LUCAS FAGEN

BRUCE HORNSBY & THE NOISEMAKERS

PANTAGES THEATRE, FRIDAY 8.9
Sometime in the past decade, the glis-tening piano chords and diaphanous sonic caverns of Bruce Hornsby’s ’80s hits became a formative influence on a new generation of indie performers like Bon Iver and the War on Drugs. Since his stint in the Grateful Dead, Hornsby has himself pursued a more eclectic strain of folk-jazz. His new *Absolute Zero* includes collaborations with Justin Vernon, Robert Hunter, and Jack DeJohnette. With S. Carey. 8 p.m. \$68-\$78. 710 Hennepin Ave., Minneapolis; 800-982-2787. —LUCAS FAGEN

GARY CLARK JR.

SURLY BREWING FESTIVAL FIELD, FRIDAY 8.9
One of the past year’s more acclaimed protest songs, Gary Clark Jr.’s “This Land” was a breakthrough not just for the lyrics,

which attack his racist neighbors “in the middle of Trump country,” but for his guitar tone, hotter and thicker and quea-sier than ever. The Texas blues guitarist’s new album *This Land* is an argument that blues is compatible with modern electronic pop. With Jessy Wilson. 18+. 5:30 p.m. \$50. 520 Malcolm Ave. SE, Minneapolis; 763-999-4040. —LUCAS FAGEN

GLADYS KNIGHT

MYSTIC LAKE CASINO SHOWROOM, FRIDAY 8.9
Last year at the Ordway, Gladys Knight kept the band and the audience waiting for an awkward 10 minutes, then came out and steadily dismantled the notion that this 75-year old seven-time Grammy winner was going to coast on the mere nostalgia of her formidable catalog of R&B-goes-to-church hits. This winter’s string of performances on the television show *The Masked Singer* reinforced her ongoing vivacity. Fans old and new will not be disappointed. 8 p.m. \$39-\$159. 2400 Mystic Lake Blvd., Prior Lake; 800-262-7799. —BRITT ROBSON

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BREWER & SHIPLEY

CEDAR CULTURAL CENTER, FRIDAY 8.9

One spring afternoon back in the Pleistocene Era, a wry, folkish Missouri duo fired up “One Toke Over the Line” on a Deep South university quad where the gathered students mostly were. Michael Brewer and Tom Shipley’s unlikely Top 10 hit put them on the campus circuit. VP Spiro Agnew called them “subversive.” A squeaky clean Lawrence Welk duo even sang the tune in the addled belief it was a “modern spiritual” due to its offhand “sweet Jesus” reference. And nearly 50 years on, B&S are still trundling their deep, amiable catalogue along Tarkio Road in fine style. Vicky Emerson opens. 8 p.m. \$20-\$25. 416 Cedar Ave. S., Minneapolis; 612-338-2674. —RICK MASON

HOWARD LEVY AND CHRIS SIEBOLD

CROONERS SUPPER CLUB, SATURDAY 8.10

Howard Levy is a dazzling harmonica player, bruited the kind of Americana-jazz chops that make you a charter member of Bela Fleck & the Flecktones. He has handpicked steel-guitarist Chris Siebold as a kindred spirit and romping partner, a performer who can glide from hammering a riff into supporting a virtuoso solo and then grabbing the baton for his own bravura flashes of technical brilliance. Levy also switches off to piano, where he is less fulfilling only by comparison. 6 and 8 p.m. \$30 6161 Hwy. 65 NE, Fridley; 763-571-9020. —BRITT ROBSON

KAMASI WASHINGTON

FIRST AVENUE, SUNDAY 8.11

A large man seemingly capable of blistering paint with his scintillating forays on the tenor saxophone, Kamasi Washington caters to the outsized fantasy worlds of the cosmos and comic books, science fact and fiction, twirled up in a rapturous, inevitably spiritual bundle. Jazz purists sniff at his relatively limited command of technical nuance, an inevitable backlash and a moot point. He’s got a compelling band of like-minded sonic pugilists, and after a solid outing at the Palace last time through town, they’re back at First Ave to blow the roof off. 18+. 7 p.m. \$30/\$35. 701 First Ave. N., Minneapolis; 612-338-8388. —BRITT ROBSON

DOBET GNAHORÉ

DAKOTA, TUESDAY 8.13

Charismatic Côte d’Ivoire singer Dobet Gnahoré’s music defies borders, her lyrics often advocating for African unity and women’s rights. Drawing from an array of modern international sounds, pan-African traditions, and multiple languages, Gnahoré creates a striking, exotic pastiche threaded by extraordinary undulating, multi-hued vocal exploits. On 2018’s *Miziki* (“music” in her native Bété), she worked with French producer Nicolas Repac to forge an effervescent fusion of gyrating electronica and scintillating Bété-Kru roots. 7 p.m. \$35-\$45. 1010 Nicollet Mall, Minneapolis; 612-332-1010. —RICK MASON

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Thursday, August 8 8:00 pm PRETTY IN PINK (1986) <i>PRE-SCREENING MUSIC BY JILLIAN RAE</i>	Friday, August 16 8:00 pm LAZY SCORSESE + "GOODFELLAS" <i>LIVE MUSIC AND A MOVIE!</i>
Friday, August 9 8:00 pm "OTIS REDDING: THE KING OF SOUL" <i>PRESENT BY MARK LICKTEIG W. ANDRA SUCHY</i>	Saturday Matinee, August 17 1:00 pm KRULL (1983)
Saturday Matinee, August 10 1:00 pm THE BAD NEWS BEARS (1976)	Saturday, August 17 7:00 pm STAR WARS: EPISODE II ATTACK OF THE CLONES (2002)
Saturday, August 10 7:00 pm STAR WARS: EPISODE I THE PHANTOM MENACE (1999)	Sunday, August 18 2:45 pm LAURIE BERKNER & KOO KOO KANGA ROO
Thursday, August 15 8:00 pm ROBOCOP (1987) 35MM PRESENTATION	Sunday, August 18 7:00 pm ORCHESTRAL MANEUVERS IN THE PARK <i>PRESENTED BY THE MISSISSIPPI VALLEY ORCHESTRA</i>

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Friday, August 9 The Cedar and KFAI Present BREWER & SHIPLEY WITH VICKY EMERSON Doors 7pm • Show 8pm • All Ages / \$20 Advanced / \$35 Day of Show	Friday, August 23 The Cedar Presents PUPRLE MOUNTAINS <i>with Axis: Sovu</i> Doors 7pm • Show 8pm • All Ages / Standing/ \$22 Advanced / \$25 Day of Show
Saturday, August 10 First Avenue Presents JEN KIRKMAN Doors 7pm • Show 8pm • All Ages / \$25 General Admission	Saturday, August 24 AEG Presents THIS MIGHT GET WEIRD Doors 6:30pm • Show 7:30pm • All Ages / Seated \$40.50 General Admission/ \$101 VIP
Wednesday, August 14 First Avenue Presents TUXEDO Doors 7pm • Show 7:30pm • All Ages / \$20 General Admission/ \$79 VIP	Sunday, August 25 The Cedar Presents AN EVENING WITH ROBBEN FORD Doors 7pm • Show 7:30pm • All Ages / \$35 General Admission/ \$45 Center Section
Saturday, August 17 MCMagicConcerts.com Presents MC MAGIC AND LIL ROB Doors 7pm • Show 8pm • All Ages • Standing/ \$25 General Admission/ \$125 Gold VIP	

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MUSIC LISTINGS

FRIDAY, AUG. 9

BARS + BREWS XIX
Featuring Tek, Christopher Michael Jensen, Raw Toon, Doctor Ew, Mijo, DJ Hayes. 9 p.m. Aug. 9; \$5. Day Block Brewing Co., 1105 Washington Ave. S., Minneapolis; 612-617-7793.

LADY MIDNIGHT (ALBUM RELEASE SHOW)
With Ziyad, Booboo, and DJ Keezy. 8 p.m. Aug. 9; \$12-\$15. Turf Club, 1601 University Ave. W., St. Paul; 651-647-0486.

PURPLE FUNK METROPOLIS
With McNasty Brass Band. 11 p.m. Aug. 9; \$10-\$12. Icehouse, 2528 Nicollet Ave., Minneapolis; 612-276-6523.

SATURDAY, AUG. 10

2019 PIZZA LUCE BLOCK PARTY
Featuring Har Mar Superstar, Dimitry Killstorm & Sean Anonymous, the Lioness, Chastity Brown, Erik Koskinen, Supportive Parents, Green/Blue, and McNasty Brass Band. 12-10 p.m. Aug. 10; free. Pizza Luce, 119 4th St. N., Minneapolis; 612-333-7359.

CALICO TANGO (ALBUM RELEASE SHOW)
With Trucker Funk featuring Toby Lee Marshall and Andy Boterman. 8 p.m. Aug. 10; \$15-\$20. The Hook and Ladder Theater & Lounge, 3010 Minnehaha Ave., Minneapolis; 612-345-7166.

GLORIA GAYNOR
7 p.m., 9:30 p.m. Aug. 10; \$50-\$80. Dakota, 1010 Nicollet Mall, Minneapolis; 612-332-1010.

QUEEN + ADAM LAMBERT
8 p.m. Aug. 10; \$35-\$150. Xcel Energy Center, 199 W. Kellogg Blvd., St. Paul; 651-726-8240.

THE WORLD/INFERNO FRIENDSHIP SOCIETY
With the Gentlemen's Anti-Temperance League and Gabe Barnett & Them Rounders. 8 p.m. Aug. 10; \$12-\$14. Turf Club, 1601 University Ave. W., St. Paul; 651-647-0486.

SUNDAY, AUG. 11

KIRKO BANGZ
With Macamillion, Kid Automatic, and Rahshawd Banxx. 7 p.m. Aug. 11; \$20. Cabooze, 917 Cedar Ave. S., Minneapolis; 612-338-6425.

THE BIRD AND THE BEE
With Alex Lilly and Samantha Sidley. 7 p.m. Aug. 11; \$17-\$20. Turf Club, 1601 University Ave. W., St. Paul; 651-647-0486.

MONDAY, AUG. 12

THE FAINT
With Ritual Howls and Closeness. 7 p.m. Aug. 12; \$20-\$35. Fine Line Music Cafe, 318 1st Ave. N., Minneapolis; 612-338-8100.

TUESDAY, AUG. 13

AMANDA SHIRES
7 p.m. Aug. 13; \$25-\$40. Fine Line Music Cafe, 318 1st Ave. N., Minneapolis; 612-338-8100.

ZAKK SABBATH
With Don Jamieson. 7 p.m. Aug. 13; \$29-\$47. Varsity Theater, 1308 4th St. SE, Minneapolis; 844-678-5483.



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SATURDAY AUGUST 17
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>> *By Rob Brezsny*

♉ TAURUS (April 20-May 20): There's an old Roshicrueban vow you might have fun trying out: "I pledge to interpret every experience that comes my way as a communication of God with my soul." If you carry out this intention with relaxed playfulness, every bird song you hear is an emblem of Divine thought; every eavesdropped conversation provides hints of the Creator's current mood; the shape that spilled milk takes on your tabletop is an intimation of eternity breaking into our time-gripped realm. In my years of offering you advice, I have never before suggested you try this exercise because I didn't think they were receptive. But I do now. (If you're an atheist, you can replace "God," "Divine," and "Creator" with "Life.")

69 CANCER (June 21-July 22): In 1993, I began writing a book titled *The Televisory Oracle*. By 1995, I had generated over 2,000 pages of material that I didn't like. Although I was driven by a yearning to express insights that had been welling up in me for a long time, nothing about the work felt right. I was stuck. But finally I discovered an approach that broke me free: I started to articulate difficult truths about aspects of my life about which I was embarrassed, puzzled, and ashamed. Then everything fell into place. The process that had been agonizing and fruitless became fluidic and joyful. I recommend that you try this strategy to dissolve any mental blocks you may be suffering from: dive into and explore what makes you feel ashamed, puzzling, or embarrassed. I bet it will lead to triumph and fulfillment, as happened for me.

♄ VIRGO (Aug. 23-Sept. 22): Let's enjoy a moment of poignant silence in honor of your expired illusions. They were soulful mirages: full of misplaced idealism and sweet ignorance and innocent misunderstandings. Generous in ways you may not yet realize, they exuded an agitated beauty that aroused both courage and resourcefulness. Now, as those illusions dissolve, they will begin to serve you anew, turning into fertile compost for your next big production.

LIBRA (Sat., 23-Oct., 22): Old rules and traditions about how best to conduct intimate relationships are breaking down. New rules are still incubating. Right now, the details about how people express their needs to give and receive love seem to be riddles for which there are no correct answers. So what do you do? How do you proceed with the necessary blend of confidence and receptivity? Can you figure out flexible strategies for being true both to your need for independence and your need for interdependence? I bring these ruminations to your attention, Libra, just in time for the "Transforming Togetherness" phase of your cycle.

♏ SCORPIO (Oct. 23–Nov. 21): It's time for your once-a-year shout-out to your most audacious possibilities. Ready? Go ahead and say, "Hallelujah! Hosanna! Happiness! Hooray for my brilliant future!" Next, go ahead and say, "I have more than enough power to create my world in the image of my wisest dreams." Now do a dance of triumph and whisper to yourself, "I'm going to make very sure I always know exactly what my wisest dreams are."

♈ SAGITTARIUS (Nov. 22-Dec. 21): During the next three weeks, I advise you to load up on copious amounts of caffeine from Monday at 8 a.m. until Friday at 6 p.m. Then drastically cut back on the coffee and consume large amounts of alcohol and/or marijuana from 6:01 p.m. on Friday through 6 p.m. on Sunday. This is the ideal recipe for success. **JUST KIDDING!** I lied. Here's the truth, Sagittarius: Astrological indicators suggest you would benefit from making the coming weeks be the most undrugged, alcohol-free time ever. Your potential for achieving natural highs will be extraordinary, as will your potential to generate crucial breakthroughs while enjoying those natural highs. Take advantage!

♄ CAPRICORN (Dec. 22-Jan. 19): I don't presume you should or will gleefully embrace the assignment I'll propose. The task may indeed be too daunting for you to manage right now. If that's the case, don't worry. You'll get another chance in a few months. But if you are indeed ready for a breathtaking challenge, here it is: Be a benevolent force of wild nature; be a tender dispenser of creative destruction; be a bold servant of your soulful dreams—as you demolish outmoded beliefs and structures that have been keeping a crucial part of your vitality shackled and latent.

AQUARIUS (Jan. 20-Feb. 18): I have cast a feisty love spell that will be triggered in anyone who reads the first line of this horoscope. And since you have done that, you are now becoming even smarter than you already were about getting the most out of your intimate alliances. You're primed to experiment with the delights of feeling with your head and thinking with your heart. Soon you'll be visited by revelations about any unconscious glitches that might be subtly undermining your togetherness, and you'll get good ideas about how to correct those glitches. Astrological rhythms will be flowing in your relationships' favor for the next seven weeks!

X PISCES (Feb. 19-March 20): I estimate that about 25 percent of your fear results from your hesitation to love as deeply and openly and bravely as you could. Another 13 percent originates in an inclination to mistake some of your teachers for adversaries, and 21 percent from your reluctance to negotiate with the misunderstood monsters in your closet. But I suspect that fully 37 percent of your fear comes from the free-floating angst that you telepathically absorb from the other 7.69 billion humans on our planet. So what about the remaining 4 percent? Is that based on real risks and worth paying attention to? Yes! And the coming weeks will be an excellent time to make progress in diminishing its hold on you.

freewillastrology@freewillastrology.com

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BY BRENDAN EMMETT QUIGLEY

1 Tests for future Wharton
graduates: Abbr.
6 Union breaker
10 Test sites
14 Very strange
15 Danish shoe brand
16 Somewhat
17 Ellen who was the first
Hispanic female astronaut
18 Repeat “breaker
breaker 1-9” and “you
want to give me a 10-9
on that pig pen”?

- 1 Fooled (around)
- 2 Lubricating membrane
- 3 Pulsating
- 4 Walked (on)
- 5 The Chargers retired his number 55
- 6 Dating
- 7 Number of days of the year in 2020, if we ignore April and November and put that number into Roman numerals
- 8 Soreness
- 9 Party pooper
- 10 Anatomical lips
- 11 Getaway drivers and lookouts, e.g.
- 12 Spicy Indian rice dish
- 13 Haloed sorts: Abbr.
- 19 "Our House" band, initially
- 21 Lego toy line with a martial arts theme
- 25 Moh's "Once Upon a Time in Hollywood" role
- 27 Highlands hill
- 28 Royals closer Kennedy
- 29 Kourtney, Khloe, Kendall, and

Kylie's sister
30 Genre for the Get Up Kids
and Funeral for a Friend
33 Blue bird
34 Hosp. diagnostics
35 Resident of Bandar
Seri Begawan
36 She's got a habit
37 Soda container
38 In the style of
39 With vigor, in music
43 Memorial Day
race, briefly
44 Political escapee
45 Not open (to)
46 Start losing a lot
47 She had a sure shot
49 Geometry measurement
50 "Baseball Tonight"
analyst Buster
53 Short people's reminders
54 Narwhal feature
55 Fish caught in pots
56 Runny cheese
57 "Stepping away for
a moment," briefly

[illegible]

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Boundaries

Is this forgivable?

I'm a 42-year-old single, straight female who recently started dating a 36-year-old man in a somewhat exclusive, long-distance relationship. We've known each other for a short time but have clocked hours on the phone. I have stated many times I don't want kids (he does), am extremely safety conscious (only when I see someone's STI results and know we're monogamous will I go "bare-back"), and am against hormonal contraception. I've insisted on the use of condoms since our first encounter, which he at first reluctantly agreed to, but has since obliged without complaint. He is expressively into me and treats me better than any guy I've dated: cooks for me, gives me massages, buys me gifts, showers me with compliments, listens to me, and has shown nothing but respect towards me since Day 1.



Dan Savage

Nope.

The obvious point is that anything is forgivable. People have forgiven worse—I mean, there are mothers out there who've forgiven the people who murdered their children. But they don't have to live with, take meals with, or sleep with their children's murderers. I'm not saying that forgiving the person who murdered your kid

is easy (I couldn't do it), but most people who've "forgiven worse" never have to see the person they forgave again.

So while it's true that people have forgiven worse, SOS, I don't think you should forgive this. And here's why: You only just started dating this guy, and all the good qualities you listed—the cooking, the massages, the compliments, etc.—is the kind of best-foot-forward fronting

a person does at the start of a new relationship. Not only is there nothing wrong with that, SOS, but you wouldn't want to date someone who didn't do that at the start, because the kind of person who doesn't make the effort to impress early in a relationship is the kind of person who can't be bothered to make any effort later in the relationship. We all erect those facades, SOS, but some people are slapping them on slums you wouldn't wanna live in, while others are slapping them on what turns out to be pretty decent housing. And if I may continue to torture this metaphor: When the first cracks appear in the facade, which they inevitably do, and you get a peek behind it, you aren't a fool if it turns out there's a slum there. You're only a fool if you move in instead of moving on.

Anyway, SOS, everybody fronts, but eventually, those facades fall away and you get to see people for who and what they really are. And the collapse of your new boyfriend's facade revealed him to be a selfish and uncaring asshole with no respect for your body or your boundaries. He was on his best behavior until he sensed your guard was down, at which point he violated and sexually assaulted you. Those aren't flaws you can learn to live with or actions you can excuse. Move on.

mail@savageandlove.net

Follow Dan on Twitter: @fakedansavage
savageandlovecast.com, ITMFA.org

Until our last sexual encounter. He woke me up in the morning clearly aroused. He asked if he could enter me, and after I said yes, I grabbed a condom and he put it on. We were spooning so he entered me from behind. At one point early in the encounter, I reached back to grab his hand, and all of a sudden, felt the condom laid out on the bed. Shocked and outraged, I immediately stopped and turned to him asking, "Why did you take this off?" To which he replied, "Because I wanted to cum faster." All I could muster was, "Do you have any idea how bad that is? I can't even look at you." I covered my eyes and cried uncontrollably for a few minutes.

After getting dressed and exiting without a word, I started to process the atrocity of his actions. It's clear that he does not respect me, my body, my health, or my reproductive choices, and made his physical pleasure top priority. He has apologized profusely, been emotional about his actions, and has definite remorse. After I sent him several articles on how it's criminal (including the one about the German man who got eight months in jail for stealing), he now seems to grasp the severity. It's hard to reconcile his consistent respect for me with a bold and disrespectful act like this. The best case is that he's a dumbass, the worst is that his respect for me is all a facade and I've been a fool. Is there any reason I should consider continuing to see this guy? Is it remotely forgivable?

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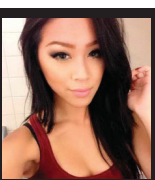
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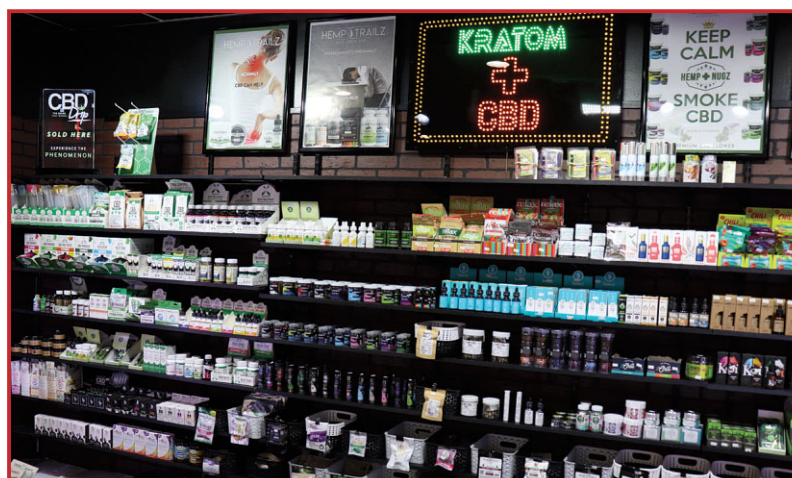
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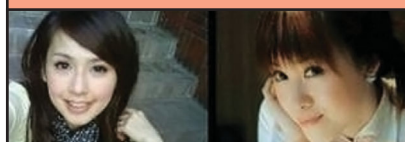
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